Protecting your hands and fingers

Is there potential for injury here?

While our fingers are possibly the most used parts of our bodies, they are also the

most mistreated.

Hand and finger safety precautions

- Gloves can safeguard your hands from a variety of hazards: cuts and scrapes, heat and cold exposure, chemical burns, disease transmission. There are gloves to suit every need and new hi-tech materials make them lighter and more comfortable.

- Never put your hands or fingers on loads being moved mechanically without watching for pinch points and other potential hazards.
- An exception is working near reciprocating or rotating machine parts; gloves can be caught up, and fingers and hands can be pulled into the machine.
- Never use hands to stop rotating parts. Never use fingers to align holes in parts, like castings.

- It’s a good idea to not wear rings when working with tools and equipment. There is a chance that the ring can get caught and pull your finger off. Rings and other jewelry can also conduct electricity.
- When lifting, check objects for protrusions, nails, splinters, screws, metal banding, or other sharp or pointed objects.
- Watch your fingers and hands when lowering heavy loads; they could get pinched. Adjust grinder tool rests properly (no further than 1/8 inch away from the wheel) to avoid getting a finger into the gap or having the work piece hurled at you or your co-workers.

- Never use your fingers to test the temperatures of gases, liquids, or solids. Damage can happen before your reflexes remove your fingers.

- When handling large metal drums, watch out for pinch points and sharp edges; one drum can roll against another, catching your fingers in between.

- Handle sharp or pointed tools, like hatchets, chisels, punches, awls, knives and machine blades with extreme care. Avoid using your fingers to fish out things lying near saw blades, knife blades, or parts moving together, such as a punch press, rotating parts of drill bits and reciprocating parts of in-running rolls, since this can be hazardous.